

Hong Kong Dolphins Swimming Team



SPRING TERM 2012 TRAINING SCHEDULE

HK DOLPHINS SWIMMING TEAM

The Hong Kong Dolphins Swimming team is for athletes who would like to get really fit, feel great and take part in regular swimming meets and social events. Dolphins train throughout the year.

Sessions are between 1,000m to 5,000m., with duration of 1 - 2 hours. There is a junior squad (ages 7 – 12) and a senior squad (ages 12 – 18).

Potential Dolphins swimmers must start in our Level 3 classes. Swimmers must be proficient in all four strokes, starts and turns. Ideally swimmers should have a Bronze speed certificate and have the maturity, commitment and enthusiasm to handle training, before being invited.

Regular swimming meets are arranged. Details will be throughout the year.

Coaches:

Christopher Funnell Phys Ed Degree, ASA Swim Teacher

Suzy Roy Phys Ed Degree, ASA Swim Teacher

Dolphins Swimming Costumes Replacement Costs

Item Code	SWIMMING	Price \$
SW001	Swimming Goggles	\$60
SW002	Swimming Cap	\$30
SW003	Dolphins Swimming Cap (Silicone)	\$35
SW004	Dolphins Swimming Suit (Boys)	\$120
SW005	Dolphins Swimming Suit (Girls)	\$160

Coaches will bring your ordered equipment to you at earliest available lesson. Please call our office at 2540 1257 if you have any questions.

To order:

Please arrange completed form with cheque made payable to “Multi-Sport Limited” and send by post.

Children’s Name:	Day	Time
Equipment Item Code	Quantity	Price \$
1		
2		
TOTAL :		

TRAINING AT FRENCH INTERNATIONAL SCHOOL
34 PRICE ROAD, JARDINE'S LOOKOUT, HK

Tuesday	Wednesday	Friday	Saturday
Jan 10 – Mar 27 no lesson on Jan 24 & Feb 28 10 sessions	Jan 11 – Mar 28 no lesson on Jan 25 & Feb 29 10 sessions	Jan 13 – Mar 30 no lesson on Jan 27 & Mar 2 10 sessions	Jan 7 – Mar 31 13 sessions
6:30 – 7:30 \$1650	6:30 – 7:30 \$1650	6:30 – 7:30 \$1650	11:00 – 1:00 \$2100

Fees:

Once per week	As indicated above
Twice per week	\$2565
Three times per week	\$2955
Four times per week	\$3375



****SWIMMING CAP MUST BE WORN DURING LESSONS****

****THOSE WITHOUT A SWIM CAP WILL NOT BE ALLOWED IN THE POOL****

Notes & Conditions

1. Refunds, credit letters or make up lessons will not be given for non-attendance of training session for any reason.
2. Sessions are automatically cancelled during Red/Black rain warnings or the hoisting of the No.8 Typhoon Signal or when course venues are closed due to inclement weather.
3. A credit letter shall only be issued for lessons cancelled by Multi-Sport due to unforeseeable circumstances.
4. Refunds, credit letters or make up lessons will not be given for non-attendance of lessons for any reason
5. Swimming caps MUST be worn during swimming lesson. For those without a swim cap will not be allowed in the pool.
6. Special 10% discount to FIS students only applies to those who train once a week.

**HONG KONG DOLPHINS
SWIMMING TEAM APPLICATION FORM
SPRING TERM 2012**

Child's Name	Date of Birth

Please indicate the following clearly by tick ✓
Day of training:

FIS – Tue	<input type="checkbox"/>	FIS – Wed	<input type="checkbox"/>	FIS – Fri	<input type="checkbox"/>	FIS – Sat	<input type="checkbox"/>
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Please fill in all details accurately or application may not be accepted.

Parents Name: (Please print) _____

Tel No. Home _____ Work _____ Mobile _____

Fax: _____ Email: _____

Return Address: _____

I have read and accept all the conditions relating to the above and wish to enrol my child in the Hong Kong Dolphins Swimming Team Spring Term 2012.

Signature: _____ Date: _____

Please send completed application form and payment to:

Multi-Sport Limited

8/F, Kingdom Power Commercial Building

32 – 36 Des Voeux Road West

Hong Kong

Tel : 2540 1257

Fax : 2609 1779

Email : admin@multi-sport.com.hk